

## **Ed Hart Bio**

Ed started rehab because of his diagnosis of Idiopathic Pulmonary fibrosis. Dr. Anne Hebert had referred him to the South County Hospital pulmonary rehab center and was told to start with rehab and lose weight. At rehab, Ed learned how to breathe better and proceeded to lose 70lbs with exercise and encouragement from staff. He went through all the procedures and was placed on the lung transplant list at Brigham and Women's Hospital. Ed improved so much that he no longer qualified to be listed for a lung transplant. He attends Pulmonary Fibrosis and Better Breather support groups at the South County Hospital Cardiopulmonary Rehab center to help with ongoing education and support for people living with chronic lung disease.

He also goes to the South County Hospital Cardiopulmonary Wellness & Fitness Center three times a week to help Ed maintain healthy oxygen levels which allows him to continue to travel. Ed and his wife Cindy love the Patriots and Disney.